

Earth Peace Treaty Commitments

Aware that suffering and happiness interare, just as climate destruction and responses interare, I _____, commit to act based on the insight of interbeing, by working together with others to create a more just, peaceful, and regenerative world. I know that when I act, I am acting for myself, my community, society, ancestors, descendants, and for all of life – with the guidance and support of teachers, spiritual friends, ancestors, and Mother Earth herself. I see the climate crisis itself exemplifies interbeing – both harm and compassion in one part of the planet affects all life everywhere. I see I am not separate from Mother Earth and all beings; when we protect Mother Earth, we protect ourselves. I trust we were made for these times, and we are not alone.

Transforming inside out

___ I will practice the [5 Mindfulness Trainings](#) and [14 Mindfulness Trainings](#) in service of planetary, collective, and individual [transformation](#) and healing.¹

___ I will practice mindful breathing, sitting, and walking in my work of responding to the climate crisis. When strong emotions like anxiety, [anger](#), despair, or grief arise, I will pause, be curious, and befriend them, seeing them as doorways to compassion that arise from a deep love for Mother Earth. I know this will train me to be [calm in the midst of tumult](#).

___ I will cultivate gratitude for parents, teachers, friends, and all beings, and for Mother Earth for holding all of us.

___ I will speak mindfully about climate change, sharing my [climate story](#), emotions, and hopes for the future to help others feel less alone and to help society to acknowledge our climate reality. Talking about climate change is one of our most [vital solutions](#).

___ I will listen deeply to others' stories and experiences without judgement or blame, even when I disagree. I will practice non-attachment to views and not lose myself in my own beliefs. I can see that I am not separate from or above those who act from delusion and greed. Listening deeply helps me shed a fixed view of self, and fosters the insight that every human and nonhuman being is my relative. I recognize even the object of my moral outrage is not my enemy, and I will learn from the Earth the practice of non-discrimination.

___ I will spend time in nature, nurturing the insight of [interbeing](#) with trees and water, soil and fungi, so that I may fall more deeply [in love with Mother Earth](#) and learn to [hear her stories](#). I know that my health is not separate from our other-than-human community's health. If I feel I lack stability or solidity, I have only to look toward Mother Earth to see I am solid as the mountain, firm as the earth, capable of absorbing and withstanding whatever comes. Present with the forest, sea, or desert, I am at peace.

___ I will look deeply at the root causes of climate change – [greed, hatred, and delusion](#) – and the systems we are a part of that perpetuate exploitation, extraction, discrimination, and environmental injustice. I will practice recognizing when I am caught by systems built to harness my guilt and fear, as well as how I have benefited from those systems. I will practice sitting with this discomfort, sending myself compassion and forgiveness.

___ I will practice "[Beginning Anew](#)" and "[Touching the Earth](#)" as doorways to healing, forgiveness, loving action, and non-fear.

Transforming Community

___ Seeing that [kindness is a renewable resource](#), I will [identify](#) my direct sphere of influence (work, activist spaces, home), as well as my indirect sphere of influence (the whole world), and I will walk, speak, act, and think mindfully and with compassion, knowing that my kindness ripples through the cosmos.

___ I will nurture a local sangha so that we may support each other in bringing

peace, justice, and a love of our Mother Earth wherever and whenever it is most needed. We know we cannot accomplish much on our own, and that there is joy in community and collective change. As Thay said, the next Buddha is the sangha.

___ Seeing that parts of the climate movement mirror some aspects of extractive systems and the scarcity mindset of capitalist society, I will practice loving speech and action, lowering my attachment to hierarchy and credit, while recognizing the abundance of happiness available in the present moment.

___ In my workplace and activist spaces, I will give a seat at the table to young people and people on the front lines, those who are most affected by extractive systems, and those who are intentionally targeted by systemic racism, including BIPOC communities and the Global South. I see they are also the holders of many solutions, emergent strategies, and creativity, with the ancestral wisdom to be beautiful stewards of Mother Earth.

Transforming Society & Government

___ I will give my talents, expertise, connections, and/or financial resources to support climate [solutions](#) such as environmental justice, Indigenous sovereignty, renewable energy transition, food sustainability, and biodiversity, and I will invite friends to join me.

___ I will organize or participate in protests, [civil disobedience](#), and other actions from a place of compassion, offering my voice and creativity, and linking arms with others.

¹ [The World We Have](#) by Thich Nhat Hanh

___ I will participate in civic engagement such as attending city council meetings, writing, calling, and meeting with public officials to intervene in decisions that destroy habitat and/or prolong fossil fuel use, and campaigning for climate leaders, environmental education, and regenerative decision-making systems like peoples' assemblies.

___ When I see injustice, I will stand up, with a [soft front and strong back](#), to bear witness and take [compassionate action](#), knowing that the way we treat each other is the way we treat our planet.

___ I will use storytelling, art, music, and imagination to help build a regenerative and just future.

Transforming Habits

___ I will look deeply at how things are made, including the foods and clothes I buy. I know that everything has a unseen cost that may harm Mother Earth. I will forgive myself that I sometimes must make choices that may cause harm, knowing and loving that I am an imperfect part of an imperfect system, and doing what I can to minimize that harm.

___ Seeing that collectively we are addicted to consuming, growth, and a carbon-fueled lifestyle, and aware that [individual and collective action interare](#), I will look deeply both at the ways I can personally abstain from fossil fuels by living more simply, and the ways my neighborhood, city, nation, and global family can shift to a carbon free world.

___ I will practice [mindful consumption](#), becoming aware of craving and aversion that may result in behaviors contributing to planetary imbalance.

___ I will mindfully and with solidity consume news and limit social media, receiving new information with peace, so my foundation is not shaken by every headline.

___ I will minimize solid waste and plastic pollution by sharing, borrowing, or purchasing used products and clothes and those that minimize packaging and are safe for our biosphere.

Transforming Food

___ I will eat mindfully, practicing the "[Contemplations Before Eating](#)," knowing that the whole universe is inside this bite of bread or sip of tea.

___ I will continue to take steps to [lessen](#) my consumption of animal products and to help others to do the same in a joyful, loving way.

___ I will [reduce food waste](#), and therefore methane emissions, by mindfully taking smaller portions, and composting scraps.

___ I will be [mindful of the precious gift of water](#), honoring it in the daily care of my body and home.

Transforming Energy

___ I will clean up my electric supply by purchasing [green power](#) through my utility, through a community solar program, or by generating solar energy at home.

___ I will complete a [home energy audit](#) to identify ways to improve my home's performance.

___ I will update light bulbs to LED – which use 75% less energy than incandescent.

___ I will research financial incentives and [start developing a plan](#) to [electrify](#) my home and [update appliances](#), including [heat pumps](#). I will share incentive information with my landlord and community.

___ I will help cool my neighborhood by supporting my local tree care and planting organization.

___ I will advocate for programs and services that put low to middle-income neighbors and [seniors](#) first in line for home decarbonization, whether they rent or own their homes.

___ If essential policies and rebates, such as net metering and subsidized community solar, are not [available in my state/region](#), I will gather friends to write letters to public officials.

Transforming Transportation

___ I will track my driving habits, and will create a plan to walk, bike, or use public transportation for my commute and other trips _____ times per week.

___ If my community lacks zero-carbon transportation infrastructure, I will speak with local officials about the need for walkable neighborhoods, increased transit service, and protected bike lanes.

___ I will switch to an electric vehicle or minimize use of an efficient gas vehicle. I will advocate for new programs such as enhanced charging infrastructure and low-income EV rebates.

___ I will look deeply at our society's dependence on individuality exemplified through transportation, and take steps to redesign my life in a more simple, communal way – like sharing a car with friends or neighbors, or going car-less.

___ I will look deeply at my travel habits, and reduce my flight travel to _____ flight hours per year.

Transforming Money

___ I will switch to a bank that does not use my money for [climate destabilization](#).

___ I will [divest and reinvest](#) retirement funds so that my savings create a better world.

Knowing every cell in this body is made of the entire cosmos, and knowing all is impermanent, I am dedicated to Mother Earth's wellbeing, without attachment to outcome. I commit to practicing the above-marked intentions with [active hope](#) – waking up to beauty and belonging, knowing I have a part to play, and that the breadth of my love is infinite. I am ready to take risks, and to discover my strengths and those of others, as I contribute to the flourishing of all beings and our home planet, Earth.

Signed: _____

Date: _____

PDF with links →



Form →

